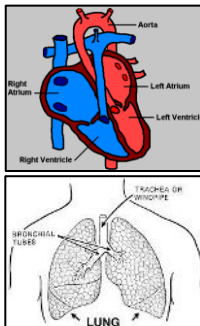


# 5<sup>th</sup> & 6<sup>th</sup> class Achievement Card

Name: \_\_\_\_\_

All young people should be active, at a moderate to vigorous level, for at least 60 minutes every day. Moderate activity raises your heart rate and makes you sweat. One way to tell if you're working at a moderate level is if you can still talk, but you can't sing the words to a song. Vigorous activity makes you breathe hard and fast. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Are you active enough??

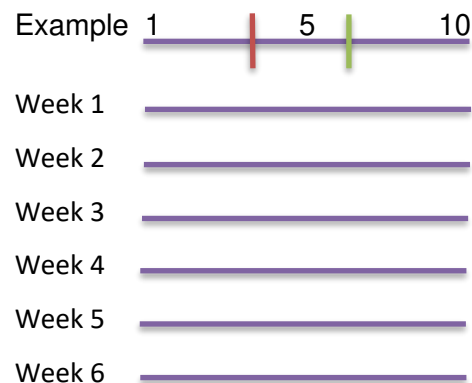


Vitamins and minerals are found in foods we eat. Your body needs them to work properly, so you grow and develop. When it comes to vitamins, each one has a special role to play. Can you match a food rich in each vitamin from the group below?

- Vitamin A: Eyesight \_\_\_\_\_
- Vitamin B: Make energy \_\_\_\_\_
- Vitamin C: Healing cuts \_\_\_\_\_
- Vitamin D: Bones \_\_\_\_\_
- Vitamin E: Cells & tissues \_\_\_\_\_
- Vitamin K: Blood clotting \_\_\_\_\_

- ~ ORANGES ~ BROCCOLI ~
- ~ LEAFY GREEN VEGETABLES ~
- ~ CARROTS ~ MILK ~
- ~ WHOLE GRAIN CEREAL ~

Tennis is good for your body and how you feel too! Winning is not everything – finding your weaknesses and improving them is much more important – grade yourself each week on how you improved by marking your starting level in red and with your finishing level in green on the scale.



- I can bounce the ball on the ground using my racket
- I can do an underarm serve
- I know my warm up routine
- I know my warm down routine
- I can alternate groundstrokes and volleys
- I can aim for the spaces
- I can do a forehand to forehand rally with my partner
- I can attack using my serve
- I can defend using my return of serve
- I can umpire matches
- I can record the scores in a round robin event
- I can record the scores in a knock-out event
- I can play tennis!

## My Personal Bests

- My longest rally with a partner is
- My longest rally with a partner starting with a serve is
- My longest rally with a partner using only forehands is
- My longest rally with a partner alternating volleys and groundstrokes is
- I can bounce the ball on the ground - My PB is



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